

ASSESS THE EFFECTIVENESS OF CNE TRAINING ON KNOWLEDGE OF NURSING OFFICERS REGARDING COGNITIVE BEHAVIOURAL THERAPY AS A TREATMENT METHOD FOR POSTPARTUM DEPRESSION

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Abstract

Postpartum depression (PPD) is a common and serious mental health condition that can affect women following childbirth. It is characterized by feelings of sadness, hopelessness, anxiety, fatigue, and difficulty bonding with the newborn. Globally, the prevalence of PPD is estimated to range from 10% to 20%, but the true rate may be higher due to under reporting and lack of screening. In this study research design is Pre-experimental design and conducted on 60 nursing officers. Descriptive statistics showed the mean post-test knowledge score(17.80) is higher than mean pre-test knowledge score(10.93) which indicates effectiveness of CNE training. Pre-test knowledge is only having significant association($p=0.001$) with experience in years. Findings suggest that a significant number of respondents were unaware of institutional referral procedures for mental health services, including CBT-based interventions. Recommendations include that the nursing officers should attain CNE training to enhance their skills.

Introduction

Postpartum depression (PPD) is a common and serious mental health condition that can affect women following childbirth. It is characterized by feelings of sadness, hopelessness, anxiety, fatigue, and difficulty bonding with the newborn. Globally, the prevalence of PPD is estimated to range from 10% to 20%, but the true rate may be higher due to under reporting and lack of screening (Zhou et al., 2022). If left untreated, PPD can have profound consequences on maternal well-being, infant development, and the overall health of the family unit (Molgora & Accordini, 2020).

In recent years, there has been increasing recognition of the need for non-pharmacological interventions in addressing maternal mental health concerns, especially during the postpartum period. **Cognitive Behavioral Therapy (CBT)**, a structured, time-limited psychotherapy, has been widely supported by research as an effective treatment for PPD. CBT helps individuals identify and modify negative thought patterns, improve emotional regulation, and develop practical coping strategies (Kazemi et al., 2021). Its flexibility for in-person, group, or online delivery formats makes it especially suited for postpartum women who may face barriers such as childcare or time constraints (Chen et al., 2023).

Objectives

1. To assess the pre-test knowledge of nursing officers regarding Cognitive Behavioral Therapy as a treatment method for postpartum depression.
2. To determine the association of pre-test

knowledge of Nursing officers regarding Cognitive Behavioral Therapy as a treatment method for postpartum depression with their selected demographic variables.

Literature Review

Nursing officers are uniquely positioned to detect early signs of PPD due to their frequent contact with women during pregnancy and postpartum care. Their interpersonal rapport and accessibility make them ideal mental health gatekeepers (Kumar et al., 2023). However, numerous studies indicate a lack of training and confidence among midwives in identifying and responding to perinatal mental health issues (Johnson & Thomas, 2021).

Analysis

Frequency and Percentage Distribution of Knowledge Score

Sr. No	Criterion	Range of score	No. of respondent	Percentage
1	In adequate knowledge	1-12	2	2
2	Moderately adequate knowledge	13-18	10	16.67
3	Adequate knowledge	19-25	48	83.33

Maximum Score is 25 and Minimum Score is 1. A significant majority (83.33%) scored in the adequate category (19-25). A smaller proportion (2%) fell into the inadequate category (1-12). Only 16.67% of participants achieved a moderate adequate score (13-18).

Effectiveness of CNE training on knowledge regarding Cognitive Behavioral Therapy as a treatment method for postpartum depression

Sr. No	Group	Mean	Standard deviation	Mean %	Paired 't' test	DF	P value
1	Pretest	10.93	3.04	43.73			
2	Posttest	17.80	2.09	71.20	19.02	59	0.0001

Association between pre-test knowledge regarding Cognitive Behavioral Therapy as a treatment method for postpartum depression with their selected demographic variables

Sr. No	Socio demographic variables	Category	Pretest Knowledge of pregnant mother				Total	Chi square value	P value			
			In adequate knowledge		Moderate knowledge							
			f	%	f	%						

1	Age	18-20 years	8	50.00	8	50.00	16	5.435	0.143 NS
		21-23 years	5	21.74	18	78.26	23		
		24-26 years	3	16.67	15	83.33	18		
		27-29 years	1	33.33	2	66.67	3		
2	Exp. In years	1-3 years	15	27.27	40	72.72	55	17.570	0.001 S
		4-6 years	2	66.66	1	33.33	3		
		7-9 years	0	0	2	100	2		
		10-12 years	0	0	3	100	2		
3	Family's monthly income	Less than 10,000	9	32.14	19	67.86	28	0.628	0.890 NS
		10,001-20,000	3	23.08	10	76.92	13		
		20,001-30,000	3	23.08	10	76.92	13		
		More than 30,000	2	33.33	4	66.67	6		
4	Religion	Hindu	1	2.43	40	97.56	41	2.308	0.315 NS
		Muslim	7	36.84	12	57.14	19		
		Sikh							
		Christian							
		Others							
5	Residence area	Urban	6	30.00	14	70.00	20	0.481	0.786 NS
		Rural	9	25.71	26	74.29	35		
		Semi-urban	2	40.00	3	60.00	5		
6	Do you have any previous knowledge Regarding CBT treatment for postpartum depression	Yes	14	26.92	38	73.08	2	0.382	0.537 NS
		No	3	37.50	5	62.50	58		

Description

The mean post-test knowledge score(17.80) is higher than mean pre-test knowledge score(10.93) which indicates effectiveness of CNE training. Pre-test knowledge is only having significant association($p=0.001$) with experience in years.

References

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